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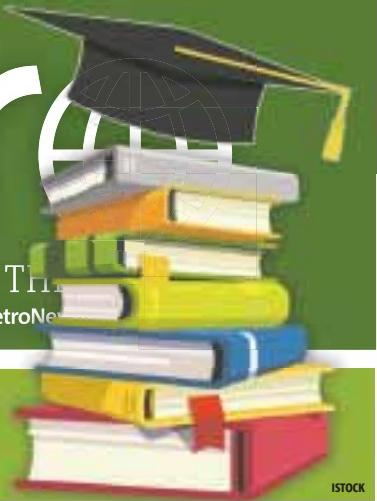


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ISTOCK

Mets, Yankees positioning themselves
for moves at MLB Winter Meetings. 32

METRO'S EDUCATION GUIDE

The best schools and programs in the area. 15-23



ISTOCK

Why you can thank Run the Jewels for
this new YouTube series. 30



HEIL-ER EDUCATION

A Columbia University sophomore was caught on video going off on a white supremacy rant outside of the school's Butler Library. The university quickly condemned the student's speech. 4

@ AALANASIR/TWITTER

► 'SpongeBob' star goes green for 'Grinch' musical. 27

THINGS TO KNOW



KRISTIN TOUSSAINT, REPORTER

We've all seen plenty of viral videos in which people are caught saying racist or "racially charged" things and face instant internet backlash. And yet, people are still making such comments on camera. The latest such video features a sophomore student at Columbia University who reportedly harassed a group of black students to yell at them about how "white people are the best thing to ever happen to the world." Columbia students and others who have seen the video on Twitter are taking the incident seriously, and so is the school. Read more about how school officials responded inside and at [metro.us](#).

WELCOME TO METRO.US

ACCUSED RUSSIAN AGENT POISED TO PLEAD GUILTY

IA former Russian agent accused of trying to infiltrate the National Rifle Association and influence U.S. policy toward Russia is expected to plead guilty this week following a deal between her lawyers and U.S. prosecutors, according to court filings on Monday. Exactly how the deal will be structured for defendant Maria Butina and whether or not Butina may agree to cooperate with prosecutors was not immediately clear. U.S. District Judge Tanya Chutkan in Washington scheduled a hearing for Dec. 12. Former American University graduate student Butina had previously

pleaded not guilty to U.S. charges in July that she was acting as an agent of the Russian government and conspiring to take actions on Russia's behalf. Prosecutors have accused her of working with a Russian official and two U.S. citizens to try to infiltrate the powerful NRA lobby group that has close ties to Republican politicians including President Donald Trump, and influence Washington's policy toward Moscow. One of the two Americans mentioned in the prosecutors' criminal complaint was Paul Erickson, a conservative U.S. political activist who was dating Butina.

DYLANN ROOF ADMIRER CHARGED IN BOMB PLOT

2An Ohio woman who corresponded with Charleston, South Carolina, church shooter Dylann Roof was charged on Monday with planning to bomb a Toledo, Ohio, bar, prosecutors said. Elizabeth Lecron, 23, was accused of purchasing gunpowder and screws that the FBI said she intended to use in an "upscale mass murder" at the bar, U.S. Attorney Justin Herdman said in a statement. Lecron came to the attention of police this year after an associate expressed a desire to conduct an attack. Investigators found a number of social media posts by

Lecron glorifying mass murderers, including Roof and the Columbine High School shooters. She visited Columbine High School this year and exchanged letters with Roof, attempting to send Nazi literature to the avowed white supremacist, according to an affidavit filed in the case. Roof was sentenced to death for the 2015 killing of nine worshippers at an African-American church in Charleston. In discussions with undercover FBI agents, Lecron also talked about an attack to free farm animals, bombing a pipeline and attacking her workplace.



'FEARLESS GIRL' STATUE MOVES TO HER NEW HOME ACROSS FROM NYSE

3A child stands next to the "Fearless Girl" after a ceremony to unveil the statue's new location across from the New York Stock Exchange on Monday. The bronze statue of a young girl standing with her hands on her hips has been moved from Bowling Green Park, where it stood across from the iconic "Charging Bull" statue for over a year.

HEAVY SNOW KILLS THREE, SNARLS SOUTHEAST TRAVEL

4An intense snowstorm headed out to sea on Monday after dumping up to two feet of snow on parts of the Southeastern United States, leaving three people dead in North Carolina and some 138,000 customers in the region still without power. School districts across North and South Carolina and Virginia canceled classes for the day and emergency officials warned that heavy snow and icy roads were slowing their responses to problems such as hundreds of stranded motorists. The storm dropped its heaviest snow in

the appropriately named Whitetop, Virginia, tucked in the Appalachian Mountains along the western end of the Virginia-North Carolina border, the U.S. National Weather Service said. Whitetop received two feet of snow, while Greensboro, North Carolina, had 16 inches and Durham, North Carolina, got 14 inches. Slippery conditions on roadways in central and western North Carolina and southwest Virginia were expected on Monday night as temperatures were forecast to drop below freezing, Daniel Petersen, NWS meteorologist, said.

BREXIT IN TURMOIL AS UK'S MAY PULLS VOTE

5British Prime Minister Theresa May on Monday postponed a parliamentary vote on her Brexit deal to seek more concessions, but the European Union refused to renegotiate and lawmakers doubted her chances of winning big changes. May's abrupt move less than 30 hours before parliament was to vote opens up a range of possibilities from a Brexit without a deal, a last-minute agreement or another E.U. referendum. Admitting she faced defeat on Britain's potentially biggest political and economic shift since World War II, May was

laughed at by some lawmakers when she said there was broad support for key aspects of her deal reached with the E.U. last month. However, "If we went ahead and held the vote tomorrow, the deal would be rejected by a significant margin," she told parliament of the agreement she clinched after 18 months of tortuous negotiations. With her position in jeopardy, May said she would now go back to the E.U. and seek reassurances over the so-called Irish "backstop," an insurance policy to ensure no return to a hard border on the island of Ireland.

TONY'S METRO MAGIC 2018

As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting [metro.us/magic](#), clicking on the toy wish list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

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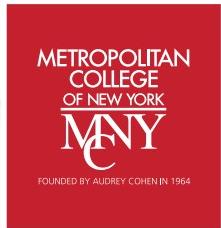
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NEWS

"F— yeah, white men. We're white men and we did everything," said the student, identified as Columbia sophomore Julian von Abele.

 KRISTIN TOUSSAINT
kristin.toussaint@metro.us

A Columbia University student was caught on video early Sunday approaching a group of students of color and yelling, "White people are the best thing to ever happen to the world" and "We invented the modern world."

The student has been identified by the school's newspaper, the Columbia Spectator, as Julian von Abele, a Columbia College sophomore studying physics.

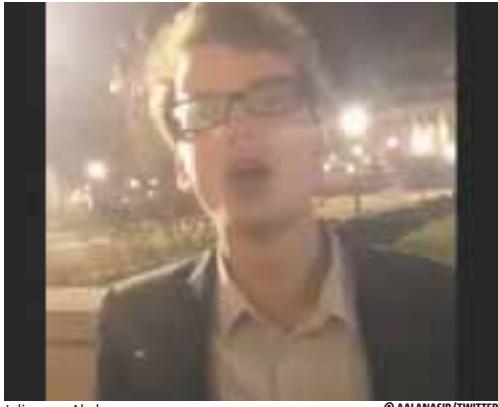
Columbia student caught on video yelling white supremacist language

The student followed the group of students from outside of Butler Library to JJ's Place, a university dining hall, according to the Spectator, while continuing to "berate them with racist and white supremacist comments."

"We built the modern world," von Abele says in the video of the incident shared on social media. Someone asks, "Who?" and he responds, "Europeans. We invented science and industry and you want to tell us to stop because, oh my God, we're so bad."

"We saved billions of people from starvation. We built modern civilization," von Abele continues in the video. "F— yeah white men. We're white men and we did everything. Look, I don't hate other people, I just love white men."

Undergrad deans at Columbia University denounced the "racially-charged incident" in a



Julian von Abele.

@ AALANASIR/TWITTER

statement Monday.

"The footage online includes painful language directed toward students of color in our community," the statement read. "Statements of white racial superiority conflict with the university's core value of inclusivity as well as the educational work and research that take place on our campuses."

One student who first shared the video on Twitter responded to Columbia's comment by writing online that "actually, by teaching a Eurocentric core curriculum in which students study the modern world through the lens of solely western societies, you are perpetuating the white supremacy that occurred on campus. I appre-

ciate the tweeting, but it's time to diversify the core."

This isn't the first incident on the Manhattan campus that may make some members of the school community feel uncomfortable or unsafe. In November, a professor's office was spray-painted with swastikas. In October 2017, Columbia students protested events featuring far-right speakers and then faced disciplinary action for "disruption," prompting students to hold a "F— White Supremacy" event this past April.

After this most recent incident, officials said in a statement that the university will create a working group on bias incidents as part of the school's Inclusion and Belonging Task Force.

The school shared contact information for on-campus counseling and mental health services as well, and said that the incident is "already under

investigation by the Office of Student Conduct and Community Standards" and that it will be "investigated thoroughly, beginning with interviews of witnesses."

Some members of the Columbia community are working to hold the administration and Julian von Abele accountable.

The Columbia University Black Students' Organization described the von Abele incident on Facebook, writing that he "verbally attacked black Columbia students and followed them."

"Apparently after this encounter, he continued to harass several students and Public Safety did nothing to help or protect the students when they were contacted," the Facebook post read. "This came after he forcibly grabbed a black woman and asked black women if they liked to date white men, according to several individuals."



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2018 Award Honorees



Honoree: Rocio Garcia, CBO Grant Recipient: Bronx Legal Service, NYC (center) joined by WellCare Associates

For six years, **Rocio Garcia** has helped transform the Soundview Community Partnership Program through activities like the annual women's empowerment event, Father's Day BBQ and a back-to-school event to help disenfranchised children prepare for a new school year. She is also a domestic violence advocate with Violence Intervention Program, Inc. in the Bronx.



Honoree: Steven Ritz, CBO Grant Recipient: Green Bronx Machine (center) joined by WellCare Associates

Stephen Ritz is the founder of Green Bronx Machine, which pioneered the use of indoor, urban agriculture in the South Bronx. Through his work, Ritz founded the first edible classroom in America, which regularly feeds 450 students. His indoor and outdoor farms across the community provide food, workforce development and community access, while transforming culture and academic performance in schools.

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Trump calls hush money payments a ‘simple private transaction’

Democrats say the president may face impeachment.

Donald Trump on Monday defended hush money payments reported by his former lawyer, responding a day after Democratic lawmakers said the president could face impeachment and jail time if the transactions are proven to violate campaign finance laws.

Trump said on Twitter that Democrats were wrongly targeting “a simple private transaction.” Court filings last week drew renewed attention to six-figure payments made during the 2016 presidential campaign by Trump’s personal lawyer to two women so they would not discuss their alleged affairs with the candidate.

U.S. Rep. Jerrold Nadler, who will lead the Judiciary Committee when Democrats take control of the House of Representatives next month, said on Sunday that if the payments

were found to violate campaign finance laws it would be an impeachable offense.

His Democratic counterpart on the Intelligence Committee, Rep. Adam Schiff, said Trump could be indicted once he leaves office and could “face the real prospect of jail time.”

Under U.S. law, campaign contributions, defined as things of value given to a campaign to influence an election, must be disclosed. Such payments are also limited to \$2,700 per person.

Earlier this year, Trump acknowledged repaying his former lawyer Michael Cohen for the \$130,000 paid to porn star Stephanie Clifford, also known as Stormy Daniels. He previously disputed knowing anything about the payments.

On Monday, the president again denied wrongdoing and sought to shift any blame to Cohen. One post misspelled the word “smoking” twice, drawing criticism and ridicule on Twitter.

“Democrats can’t find a Smocking [sic] Gun tying the Trump campaign to Russia after James Comey’s testimony. No Smocking [sic] Gun ... No Collusion,” he wrote, referring to Fox News comment on the case.

“So now the Dems go to a simple private transaction, wrongly call it a campaign contribution, which it was not,” Trump wrote. He said that even if it were a campaign contribution, it would amount to a civil case, adding, “but it was done correctly by a lawyer and there would not even be a fine. Lawyer’s liability if he made a mistake, not me.”

Trump has denied affairs with Stormy Daniels and the other woman who Cohen said was given hush money, former Playboy model Karen McDougal.

U.S. prosecutors on Friday sought prison time for Cohen, Trump’s self-proclaimed “fixer,” for the payments they said were made in “co-ordination with and at the direction of” Trump, as well as on charges of evading taxes and lying to Congress.

The case stemmed from a federal investigation into alleged Russian interference in the 2016 presidential election and possible collusion with Trump’s campaign. Russia has denied interfering and Trump has said his campaign did not cooperate with Moscow.

Legal experts are divided over whether a sitting president can be charged with a crime, as well as on whether a violation of campaign finance law would be an impeachable offense. REUTERS

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Once criticizing Obama for having three chiefs of staff; Trump now seeks his third

There is still a tweet for everything.

In 2012, Donald Trump criticized then-President Obama for having three chiefs of staff in three years. Now Trump is looking for his third after just 23 months.

"3 Chief of Staffs in less than 3 years of being President: Part of the reason why @BarackObama can't manage to pass his agenda," Trump wrote in January 2012.

On Friday, Trump announced that current chief of staff John Kelly would be leaving the White House at the end of the year. Kelly arrived in July 2017 to replace Reince Priebus, who lasted barely six months in the job.

Historically speaking, Obama had an above-average number of chiefs of staff during his first term. Rahm Emanuel served from January 2009 to October 2010, when he resigned to run for mayor of Chicago. Pete Rouse was an interim for three months, succeeded by Bill Daley, who left after a year in January 2012. Jack Lew then served until January 2013.

But in terms of general staff turnover, Trump blows every U.S. president out of the water. Less than two years

into the job, he is on his third attorney general, second secretary of state, third national security adviser, fifth communications director, second press secretary, second secretary of health and human services, second EPA administrator and third VA secretary.

According to a Dec. 7 analysis by the Brookings Institution, 62 percent of Trump's "A team," or senior-level advisers, has turned over since he took office in January 2009.

In the latest chief of staff hunt, Trump is having a more difficult time than before. The New York Times reported that Nick Ayers, Vice President Mike Pence's current chief of staff, turned down the position over the weekend and will be leaving the administration.

The Atlantic reported Monday that three other leading candidates — Mick Mulvaney, the director of the Office of Management and Budget; Treasury Secretary Steven Mnuchin; and U.S. Trade Representative Robert Lighthizer — say they don't want the job.

According to Reuters, Trump is also considering Republican Rep. Mark Meadows, former campaign adviser David Bossie, and former New Jersey Gov. Chris Christie. MICHAEL MARTIN

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Amazon protest planned ahead of first City Council hearing on HQ2 in Queens

Activists are planning to take to the City Hall steps on Wednesday to protest Amazon coming to Long Island City.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us



when immigrants and workers are under attack, New York City cannot afford this deal."

The first hearing on Amazon HQ2 in Queens will be through the Economic Development Committee and will ask questions about the Amazon HQ2 site in Queens and how the deal between the company and the city played out.

Activists have already protested Amazon HQ2 in Queens multiple times, and along with actions in the streets, they're trying to hit Amazon where it hurts: their retail sales.

On the same day that CUNY students planned an Amazon protest, activists launched a Google Chrome browser extension called "Block Amazon for Me" that blocks access to e-commerce sites owned by Amazon.

Activists will take to the streets Wednesday morning for another Amazon protest ahead of the New York City Council's first of three hearings on Amazon HQ2 in Queens.

Called the "Rally to stop the Amazon #HQ2Scam," the protest is organized by NYC Democratic Socialists of America Tech Action, Primed Out NYC, Make the Road New York, Food & Water Watch and other nonprofits.

Queens residents and other community members across the five boroughs who are against

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Jailed Russian serial killer convicted of 56 more murders

A former police officer jailed for murdering 22 women received a second life sentence on Monday for the murder of 56 more people, making him one of modern Russia's deadliest serial killers.

Dubbed the "Maniac of Angarsk" after his home city in Siberia, 54-year-old Mikhail Popkov drove victims to secluded spots where he killed them with axes, knives or screwdrivers. Some were also raped.

He was detained in the Russian Far East in 2012 two decades after he began his killing spree and was sentenced to life imprisonment in January 2015 for 22 murders and two attempted murders.

He confessed to 60 more crimes, including 59 murders, after he was convicted.

Investigators said on Monday that Popkov had provided evidence allowing officers to exhume



GETTY IMAGES

the remains of victims killed 15 to 20 years ago, along with their personal effects and the weapons he had used to kill them.

Investigators said Popkov's victims were women aged 16 to 40. He also killed one man, a fellow police officer.

A state prosecutor told the court that Popkov had a phenomenal ability to recall minute details of his crimes, including the clothes, tattoos and jewelry worn

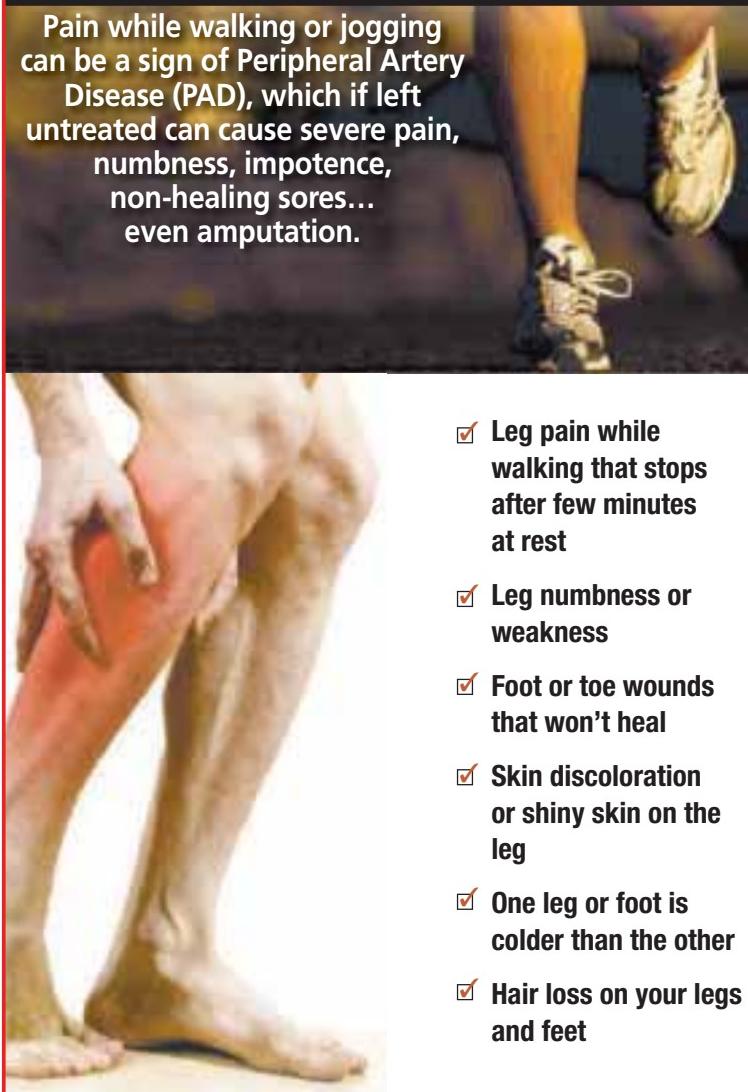
by his victims. RIA news agency reported.

Andrei Chikatilo, known as the "Rostov Ripper," was convicted in 1992 of killing over 50 people. He was executed.

In 2007, supermarket worker Alexander Pichushkin was convicted of killing 48 people. He became widely known as the "Chessboard Killer" as he had hoped to put a coin on every square of a 64-square chessboard for each of his victims. REUTERS

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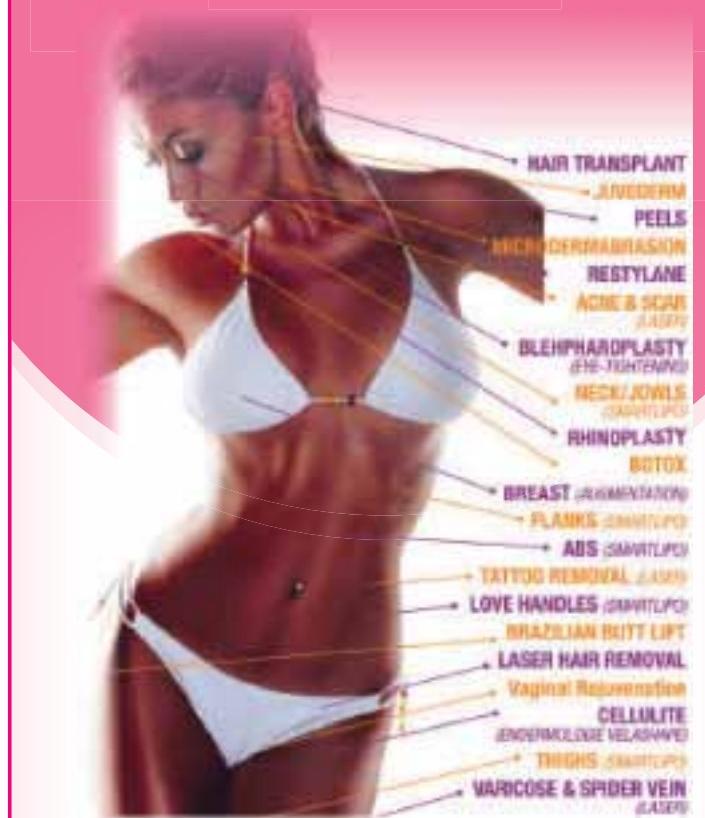
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Bug business: Cockroaches corralled by the millions in China to crunch waste

A billion cockroaches are fed 50 tons of waste.

In the near pitch-dark, you can hear them before you see them — millions of cockroaches scuttling and fluttering across stacks of wooden boards as they devour food scraps by the ton in a novel form of urban waste disposal.

The air is warm and humid — just as cockroaches like it — to ensure the colonies keep their health and voracious appetites.

Expanding Chinese cities are generating more food waste than they can accommodate in landfills, and cockroaches could be a way to get rid of hills of food scraps, providing nutritious food for livestock when the bugs eventually die and, some say, cures for stomach illness and beauty treatments.

On the outskirts of Jinan, capital of eastern Shandong province, a billion cockroaches are being fed with 50 tons of kitchen waste a day — the equivalent in weight to seven adult elephants.

The waste arrives before daybreak at the plant run by Shandong Qiaobin Agricultural Technology Co., where it is fed through pipes to cockroaches in their cells.

Shandong Qiaobin plans to set up three more such plants next year, aiming to process a third of the kitchen waste produced by Jinan, home to about seven million people.

A nationwide ban on using food waste as pig feed due to African swine fever outbreaks is also spurring the growth of the cockroach industry.

Cockroaches are a biotechnological pathway for the converting and pro-

cessing of kitchen waste," said Liu Yusheng, president of Shandong Insect Industry Association.

\$146.3K

Li, formerly a mobile phone vendor, has invested a million yuan (\$146,300) in cockroaches, which he sells to pig farms and fisheries as feed and to drug companies as medicinal ingredients.

Cockroaches are also a good source of protein for pigs and other livestock. "It's like turning trash into resources," said Shandong Qiaobin chairwoman Li Hongyi.

In a remote village in Sichuan, Li Bingcai, 47, has similar ideas.

Li, formerly a mobile phone vendor, has

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All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. *It is 100% free with no further obligation.*

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.



GETTY IMAGES

invested a million yuan (\$146,300) in cockroaches, which he sells to pig farms and fisheries as feed and to drug companies as medicinal ingredients.

His farm now has 3.4 million cockroaches.

"People think it's strange that I do this kind of business," Li said. "It has great economic value, and my goal is to lead other villagers to prosperity if they follow my lead."

His village has two farms. Li's goal is to create 20.

Elsewhere in Sichuan, a company called Gooddoctor is rearing six billion cockroaches.

"The essence of cockroach is good for curing oral and peptic ulcers, skin wounds and even stomach cancer," said Wen Jiaoguo, manager of Gooddoctor's cockroach facility.

Researchers are also looking into using cockroach extract in beauty masks, diet pills and even hair-loss treatments.

At Gooddoctor, when cockroaches reach

the end of their life span of about six months, they are blasted by steam, washed and dried, before being sent to a huge nutrient extraction tank.

Asked about the chance of the cockroaches escaping, Wen said that would be worthy of a disaster movie but that he has taken precautions.

"We have a moat filled with water and fish," he said. "If the cockroaches escape, they will fall into the moat and the fish will eat them all." REUTERS

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Nearly half of NYC households can't afford the basics: Report

As the gap widens between income and the cost of living, millions of New Yorkers are struggling to make ends meet.



ANNA HARSTEDT
letters@metro.us

In New York City, 2.5 million residents can't afford the basic necessities such as food, housing, health care and child care, according to the 2018 Self-Sufficiency Standard for New York City Report by City Harvest.

After investigating families' income and the costs involved in meeting their needs, researchers found that two in five households — a total of over 905,000 households in New York City, or 40 percent — struggle daily to make a living.

"I live paycheck to paycheck. I don't get any benefits, I don't get food stamps, and I'm not on welfare. I just work and I don't know how I'm making everything meet," Emily, a Bronx resident, told City Harvest.

Even though these families can't afford their basic needs, only a third are considered "poor," according to the federal official poverty measure.

"When we did the report, we found a huge gap between what people are earning and the costs in the city," David DeVaughn, City Harvest's director of public policy, told Metro.

DeVaughn explained that researchers found this large and diverse group of individuals and families experiencing economic distress in the city feel overlooked and undercounted.

"Many of these hidden poor find they earn too much income to qualify for most supports, yet are still struggling to meet their basic needs," the report reads.

According to the report, families' efforts are exacerbated by the reality that housing, health care, and other costs are rising faster than wages.

"I've been living in the Bronx with my husband and daughter for about eight years now, and everything is getting more expensive. They just raised my rent double. So, it's hard," Emily said.

For a Bronx family of

three, one adult with two kids needs a minimum annual income of around \$76,000, the report found, which is almost four times the official poverty threshold (\$20,780) and double what a minimum wage job pays.

"It's very tough to know that families are being forced to choose between paying for health care, a place to live, or food," DeVaughn said.

Many of these families that are struggling to make ends meet turn to soup kitchens, food pantries and other community food programs that City Harvest provides. According to City Harvest, there were nearly 25 million visits to soup kitchens and food pantries across the city last year, despite the fact that most households have at least one member who works full time.

"It's very tough to know that families are being forced to choose between paying for health care, a place to live, or food."

David DeVaughn, City Harvest's director of public policy

DeVaughn explains that City Harvest also has a SNAP program that provides food assistance for low-income families in the city, aimed at making healthy and fresh food more accessible.

"Many people don't know they're eligible for the SNAP program when they actually are," DeVaughn said. "We want to help as many as possible."

DeVaughn urges struggling NYC families to apply for the program at nyc.gov.

"We hope this report can make people understand the reality for many New Yorkers and how many are affected by the high costs in the city," DeVaughn said.

If you want to help these families, you can volunteer at many of City Harvest's events and also make a donation at giving.cityharvest.org/donate-now.

Do you have atopic dermatitis or eczema?

"I just can't stop scratching."

You might qualify for a clinical study for a new investigational medication to treat chronic itch as well as other symptoms of atopic dermatitis.

Qualified participants will receive study-related care and medication at no charge, as well as compensation up to \$750.00 for time and participation.

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Important Knee Arthritis Pain Alert:

Study Finds Updated Treatment Helped Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years . . .

NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

Because There Is Proof Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it...

And he wanted to prove... beyond a shadow of a doubt... the results he got... were not only REAL... they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you - and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment And How Can You Find Out If It Can Help You?

As studied as this treatment is... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation...

If you have knee arthritis pain... and are even



Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results ...

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all...

You Get To See If You Qualify For FREE

That's right. We want to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening... all that's changed...

Work and family have become rewarding

and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are...They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening . But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way . We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**



877 380 8537

Holiday shoppers, beware of these 3 identity theft risks

Don't get scammed this season.



NerdWallet is a personal finance website.

Big sales, must-have items and a list that just seems to get longer: Holiday shopping can drain your wallet and your sanity.

Don't let the stress erode your guard against identity theft, though. All that holiday shopping can leave you more vulnerable to scams.

"It's the fact that

we're not paying attention that makes the holidays so risky for ID theft," says Eva Velasquez, CEO of Identity Theft Resource Center, a nonprofit dedicated to helping consumers safeguard their identity.

Save yourself from falling victim by recognizing these sources of scams.

1 Unsecure networks and devices

Shopping over public Wi-Fi, such as an airport network, or leaving your devices without passcodes can make it easier for scammers to access your information, including your bank account and login credentials.

Tip: Secure your devices with passcodes

and don't enter sensitive information, such as your credit card number or Social Security number, onto websites while using public Wi-Fi.

2 Gift card scams

Rather than going after your credit or debit card information, some scammers want your gift cards. One red flag to watch out for: When you're making a purchase on a website or over the phone, and the seller takes only gift cards from other retailers — like an iTunes or Google Play gift card — for payment, that's a sign of trouble.

Paying with a gift card can leave you vulnerable because there's little protection if a ven-



ISTOCK

dor doesn't hold up its end of the deal. "People should use their credit cards for purchases, because they have the most protections," says Lisa Weintraub Schiffrele, staff attorney at the Federal Trade Commission.

Tip: Avoid retailers that require payment via gift cards from another company.

3 Phishing websites and emails

You get an email from a relative with a dancing

Santa, or enter your information on a website that promises the lowest price on big-ticket electronics — if you create an account. But when you click on that Santa's tummy or make an account to get that coupon, your info could be in the hands of scammers.

"Thieves are designing their nefarious activity to capture info about you that you may think is not that big of a deal," Velasquez says.

Exposing your information to a sketchy

website can leave you vulnerable to identity theft down the road, Velasquez says. If you use the same login credentials for multiple accounts, for example, a scammer could use that information to get into your email or bank account.

Tip: Be careful where you click, and use different login credentials for different websites. Shop only on sites that have an "https" at the beginning of the url, which means the website is secure.

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EDUCATION GUIDE

- Nyack College
- New York University School of Professional Studies
- Adelphi University
- Kingsborough Community College
- Touro College Graduate School of Technology
- Touro College NYSCAS
- CUNY in the Heights
- BMCC Center for Continuing Education and Workforce Development





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CUNY partners with the NIH to help you elevate your degree

The Bridges to Baccalaureate program hopes to help students earn a higher degree once they have earned their associate's.

 PAT KING
patrick.king@metro.us

Queensborough Community College was recently awarded a \$1.6 million dollar grant by the National Institutes of Health (NIH). This grant was given as an extension from an

already-fruitful partnership with the NIH and the CUNY school system to help students working toward their associate's degrees to earn their bachelor's degrees and, in many cases, both their doctoral and medical degrees. The NIH's Bridges to Baccalaureate program is a partnership established between Queensborough, Queens College and City College to achieve the long-term goals of improving Queensborough's ability to train and graduate underrepresented science students and to facilitate their transfer to baccalaureate programs in biomedicine or behavioral science.

"The National Institutes of Health has consistently awarded these five-year grants to CUNY for a quarter-century, but the student experience provides a far richer illustration of the impact," said Interim Chancellor Vita C. Rabinowitz in a CUNY press release. "The program's success," she added, "can be observed in the hundreds of CUNY students, primarily those from underrepresented groups, who have completed associate's degrees, continued

their science education at CUNY senior colleges and later launched their careers."

With this extension of the Bridges to Baccalaureate program, both the NIH and the CUNY school system are showing a tremendous dedication to lifting students out of their circumstances to pursue careers in fields that could ultimately save lives while breaking the cycles of poverty and racial bias within the college system.

"Community college students typically don't see themselves going be-



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- COURSES – Open-enrollment, professionally focused classes that provide maximum flexibility to create a personalized educational experience.
- CERTIFICATES – Open-enrollment credentials for those who wish to gain a broad-based understanding of a field as a career path or for career change.
- DIPLOMAS – Admissions-based credentials for professionals who seek to enhance their expertise in distinct and emerging areas of a specialty.

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yond two-year degrees, and the important thing this program does is open them to bigger possibilities," said Hendrick Delcham, a professor of natural and applied sciences who oversees the program at LaGuardia, in the same CUNY statement. "It gets them to think not only about four-year degrees but far beyond. It allows the faculty to involve students in their research, and that gets them to think about science as a career path."

In fact, since 1993, 700 students have taken advantage of the programs at Queensborough, LaGuardia and City Tech. As a result, half of those students have earned their bachelor's degrees. This is almost four times the rate of students who pursue their bachelor's degrees after earning their associate's without any assistance. Many of these students have also gone on to earn either their medical degrees or their P.h.D.s.

For more information on how you can help elevate your degree with the Bridges to Baccalaureate program, head over to bridges.citytech.cuny.edu.

The NYU School of Professional Studies Offers Professional Education for Every Stage of Your Career

The NYU School of Professional Studies is a leader in professionally focused education. For nearly 85 years, the School has partnered with industry to develop programs of study that meet the needs of the workforce in New York City and around the globe. To better serve students and employers across the tri-state area and beyond, the School has developed a suite of non-degree programs—Professional Pathways—that address the needs of professionals at every stage of their careers.

Career Advancement Courses are open-enrollment, professionally focused classes that provide maximum flexibility to create a personalized educational experience. These programs of study are offered online and onsite, making it easier for working professionals to sharpen their skills in a traditional classroom setting or from their desktop or laptop computer.

NYUSPS Certificates are open-enrollment credentials for those who wish to gain a broad-based understanding of a field as a career path or for career change. They are perfect for those who are just starting out and who may require an overview of an industry. Certificates also are ideal for older adults who may be considering a second career and who want to learn about professional options in an area they are considering.

NYUSPS Diplomas are admissions-based credentials for professionals who seek to enhance their expertise in distinct and emerging areas of a specialty. They offer a deep dive into specific skill sets that help to build upon current knowledge.

Programs are offered in key industries that drive the economy in NYC and around the world including:

Real Estate, Construction Management, Accounting, Finance, Law, Marketing, Public Relations, Technology, Project Management, Leadership and Coaching, Management, Communications, the Arts and Arts Management, Art Appraisal and Historic Preservation, Design, Writing, Global Affairs, Hospitality and Restaurant Management, Tourism, Fundraising and Grantmaking, Foreign Languages, Interpreting and Translation, Entrepreneurship, and Applied Health. In addition to sharpening skills and expanding expertise, professionally focused programs serve as an unsurpassed opportunity to network and to make new, invaluable connections.

A wide range of courses in the humanities also are available with a focus on history and culture; literature; philosophy, psychology, and religion; as well as theater, music, and acting. These programs provide a wealth of opportunity to join in deep discussion and to exchange ideas with like-minded individuals.

Registration is open for spring.

Visit sps.nyu.edu/pathways05 for a full list of programs and to register/apply online.

Call 212-998-7150 to register by phone and 212-998-7200 for additional information.

We Make it Happen.



ISTOCK

Spark your curiosity with these unexpected community college courses

When is it too late to indulge in your curiosity? One day you could be well into a perfectly “fine” career and look up to realize that what you are doing on a daily basis just isn’t really putting your creativity to the test. What is the one thing that you wish you’d put in the effort and really gone for? Fortunately for you, it is never too late to make a professional pivot.

But what can you do if you are still hesitant to drop everything in your professional life and enroll in school, full-time?

If this is where you are, you can always take advantage of courses at your local community college to see if the subject material of these courses whets your appetite in a way that sparks your interests more than just a pipe dream that should stay that way. Here are some out-of-the-box and unexpected courses you can take at some of the local community colleges in your area.

Urban Farming at Kingsborough Community College

Some schools offer courses that people can take to enrich their everyday lives and even better the lives of the people in your community. One program like this is the Urban Farming courses at Brooklyn’s Kingsborough Community College. Kingsborough offers three different courses every fall to help students understand how to create green spaces within metropolitan environments. This past semester, the school

offered such classes as “Extend the Abundance: Fall Gardening Basics,” “Plants + Immune System Protection” and “The Soul of Food: Tracing the Origins of Southern Crops.” Each course found students down in the dirt, using their hands to learn how to nurture crops, to build an understanding of self-reliance in urban centers that revolves around dependence on quick solutions for food rather than the work that goes into growing it yourself.

Video game design at Hostos Community College

When you play video games, does your fascination go beyond beating levels to wanting to know how they are built from the original idea to the screen? Well, as it turns out, learning the skills to become a video game developer is almost as accessible as walking into your local Gamestop and shelling out the cash for a copy of “Red Dead Redemption 2.” If you already have some experience with web design or development, you will be able to take advantage of the many great courses in video game design at Hostos Community College in the Bronx.

This CUNY Pathways-partnered community college offers courses like Game Programming I & II as well as Motion Graphics and Animation Production that will help you create your own playable worlds. Who knows, maybe you will stumble upon the idea that could be the next “Fortnite.”

PAT KING



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EVENING SCHEDULE
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Free campus events to check out this weekend

Who says you need to wait in line for crowded exhibits at MoMA or go broke on tickets to a Broadway show? Here are some great events happening this weekend at some local colleges and universities in the New York City area.

1 Nyack College School of Music presents "Tidings of Great Joy" Christmas concert

This musical celebration and telling of the story of Christmas will be performed by the best of what the Nyack College School of Music has to offer. Music for these two events will be performed by the Nyack College Chorale, Jazz Ensemble, Gospel Choir, Handbell Choir, Women's Choir, and Orchestra.

Friday, Dec. 14, 7 p.m., Central Baptist Church of NYC, 166 W. 92nd St.; Sunday, Dec. 16, 7 p.m., Nyack College, Pardington Hall, 45

South Blvd., Nyack. Admission to both performances is free.

2 Reading of "A Christmas Carol" at Adelphi University

Is there a more iconic Christmas story than Charles Dickens' classic? Visited by three ghosts in one night to help him change his curmudgeonly ways, Ebenezer Scrooge may be one of the quintessential antiheroes in popular culture. Throughout the story, you just hope that he reforms his ways to make things right in his life in time for Christmas morning.

Rather than staging this story as a play, the performance will mimic that of a 1930s radio broadcast as a complete dramatic reading. To get more into the holiday spirit, the organizers of this performance are asking all who attend to bring a non-perishable

food item to contribute toward a donation to the Mary Brennan Interfaith Nutrition Network Food Kitchen in Hempstead for those in need.

Saturday, Dec. 15, 11 a.m. Cathedral of the Incarnation, 50 Cathedral Ave., Garden City. Free admission.

3 "The Art of Music: Concerts by NYU Steinhardt Strings"

This Saturday, students from The Institute of Fine Arts and Steinhardt will be performing three renowned classical pieces, absolutely free. The pieces they will be performing are Bottesini's "Gran Duo Concertante," Janáček's "String Quartet No. 1," "Kreutzer Sonata," and Strauss' "Violin Sonata in E-flat major, Op. 18".

Saturday, Dec. 15, 4:30 p.m., Institute of Fine Arts, Lecture Hall, 1 E. 78th St. Free admission. PAT KING

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Parents struggling to repay college loans, report finds



NerdWallet is a personal finance website.

Parents are increasingly shouldering the student loan burden and risking their financial health to do it, according to a new report from the Brookings Institution, a nonprofit public policy organization.

In its analysis of debt taken on through the federal parent PLUS loan program, Brookings found that:

- Balances owed by parents have more than tripled over the last 25 years.
- 1 in 11 parent borrowers owes more than \$100,000.
- Default rates have increased sharply.
- Fewer parents are mak-

ing headway in paying off the debt.

Parent PLUS loan borrowers now collectively owe nearly \$87 billion, or 6% of all outstanding federal student loans, according to federal data.

PLUS loans for parents are different from the federal loans taken out by undergraduate students. For example, there is no cap on the amount that can be borrowed, other than the cost of attendance minus other financial aid. PLUS loans require a credit check, and they have higher interest rates and fees. They also come with fewer repayment options.

Repayment struggles could lead parent PLUS loans to default, which results in consequences ranging from ruined credit to garnished pay.

Where a student attends school matters

The worst rates of repayment are among parents whose children attend



ISTOCK

for-profit schools. Most of the for-profit schools with low repayment have been shut down or the subject of lawsuits regarding misleading practices, says Adam Looney, director of the Center on Regulation and Markets at Brookings and the co-author of the report.

Among nonprofit schools, low repayment rates were mainly among parents of students attending historically black colleges and universities and Hispanic-serving institutions. These schools have a strong reputation,

especially compared with for-profits, says Looney, and are mainly attended by underrepresented minority students.

Repayment challenges can lead to default

Federal loan servicers report missed payments to credit bureaus after 90 days. This will damage your credit, but the consequences of default — the point at which the loan is turned over to collections — are even worse.

Parent PLUS loans, like other federal student loans, default after 270

days without a payment.

A default will remain on your credit report for seven years, making it difficult to borrow for things like a new car or a home improvement. You'll miss out on options to lower or suspend payments. The government can also garnish or withhold your wages, Social Security benefits and tax refunds.

Parents PLUS borrowers are becoming more vulnerable to default. The five-year rate of default for a group of parents who began repaying in 2000 was 7%, but the rate increased to 11% for the group of parents who started repayment in 2009, according to the Brookings report.

There are a few things you can do to ease repayment and avoid default:

- Make sure your child maximizes federal student aid. This includes grants, scholarships, work-study and federal student loans.
- Opt for PLUS loans over private. They tend

to carry lower interest rates and offer loan forgiveness and an income-driven repayment option.

- Borrow what you can afford. A good rule of thumb is to keep payments no higher than 10% of your after-tax monthly income. Use a parent PLUS loans calculator to estimate monthly payments.

- Don't request an in-school deferment. You can also save interest by beginning repayment immediately instead of asking to pause your payments through deferment while your child attends school.

- Enroll in an income-contingent repayment plan. If your payments are unaffordable, this plan will cap your payments at 20% of your monthly discretionary income and increase your term to 25 years. You'll need to consolidate PLUS loans to qualify.

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Touro College Graduate School of Technology now offers students a fully online program to earn their Master of Science degree as an Educational Technology Specialist.

Graduates serve as computer lab teachers, computer cluster teachers, or technology staff developers, and also qualify for the New York City Department of Education salary differential.

Previously a mixed online and on-site program, the 33-credit program can now be taken fully online, allowing teachers to complete their master's degree and earn their salary differential from home or anywhere they can connect their device to the internet.

The lessons, which take place on campus at Touro Graduate School of Technology, are streamed live in a classroom allowing the online students to fully participate and interact with the professor and the other students. While students based locally can choose to attend class in person, any student can join via the live Zoom session on any desktop or mobile device.

Whether this is your first or your second master's degree, our flexible online option will meet your current lifestyle. Touro GST offers night, weekend, and online classes with a competitive tuition.

There you have it! Consider earning a master's degree with us in Instructional Technology, whether online or in person.

Touro GST Institute presents:

Game Design Workshop

Create games that can teach, entertain, and engage!

Everyone's talking about gaming, but how does it really work? See for yourself at a workshop on game design presented by the Touro College Graduate School of Technology (GST). From drawing your idea on paper to programming competitive digital games for tablets, participants will learn to create games that can teach, entertain and engage.

Professor Al Doyle, Chair of the Multimedia & Web Design Program at Touro GST, an expert in teaching with technology in schools, colleges and museums, will conduct this workshop using the popular app, Doodlematic.

The one-hour workshop is open to beginners and advanced learners alike. Prof. Doyle will feature examples created by Touro's graduate students, and enable you to find out if game design is the right career for you.

This workshop will be held on **Tuesday, December 18, 2018, 6-8pm** at 320 West 31st Street, Room 218.

RSVP at:
info-gst.touro.edu/gamedesign

Registration fee: \$20. Seating is limited.

For more information:
877-669-7227 or info.gst@touro.edu



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*Pat King
Grumble Editor*

GETTING SHORTCHANGED BY THE MTA

The fact that the MTA does not permit MetroCards to be

the GRUMBLE

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refilled in increments of \$2.75 is unashamed swindling. The way the system works now allows for MetroCards to have "leftover" money on them, which is not enough for a full fare. The rider then has to place more money on the card,

which will leave them again with an unusable balance or the benefit of "forfeiting" the leftover money to the MTA. The refill machines should be programmed appropriately for full fare and discount fare riders.

— Bernadette, Metro New York reader

HEY YOU, DOWN IN FRONT!!!

You apparently feel you are the only person who deserves to enjoy the concert. What

about the unfortunate people behind you who paid to see a professional musician, but all they can see is your amateur back? You are not the entertainment so sit down and let everyone see what they paid for.

— Five-foot music lover,
Metro US reader

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BACK FROM THE DEAD: TV SHOWS THAT GAIN A SECOND LIFE

This Thursday, the beloved Fox comedy "Brooklyn Nine-Nine" will rise from the dead following its cancellation last year — and find its new home on NBC. This is great news as the news of its cancellation was head-scratching, to say the least. The Andy Samberg-starring show was beloved by both critics and fans alike, and was the next logical heir to

creators Michael Shur and Dan Goor's classic sitcom "Parks and Recreation." While "Brooklyn Nine-Nine" is one of the few shows that has been lucky to be saved by a sympathetic network over the years, there have been many shows that have been swept off the cutting board for good. For now, it seems like we've won this one, tiny battle. And it will be great to watch both "Brooklyn Nine-Nine" and "The Good Place" on the same channel. Huzzah!

Please remember to send your Humbles to humble@metro.us. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

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Aries Know your target and aim high. The more you do now, the easier it will be to justify spending more time with friends and family as the year comes to a close.



Taurus How you deal with others will determine what you get in return. Now's the time to make an adjustment to your schedule to accommodate loved ones.



Gemini Look at the big picture, but don't feel that you must take on more than you can handle. Don't rely on others to take care of your responsibilities.



Cancer Be innovative when it comes to your work and when faced with competition. How you handle others will reflect how you are treated in return. Romance is favored.



Leo You can have fun without going to extremes. Pace yourself and be careful not to make the wrong impression on someone who can influence your life.



Virgo Get out and get things done. Going on a shopping spree or attending a community event will do you good and bring you closer to a loved one. Romance is highlighted.



Libra Touch base with an old friend or relative. Including isolated people in your plans will be a kind gesture that could change your life.



Scorpio Let your heart lead the way. Share your feelings and vision for the new year. Making plans with a loved one will bring you closer together.



Sagittarius A personal change should be carefully planned before it's executed. Rely on past examples to determine how to best bring about the alterations that will make your world better.



Capricorn Personal gains can be made if you stick to your plan and put everything in order. Last-minute adjustments to the way you handle a pending problem will make a difference.



Aquarius Take better care of yourself. Emotional matters will cause confusion or uncertainty that could lead to a poor financial choice. Don't be too quick to make a move.



Pisces Don't go overboard. Keep your spending to a minimum and refrain from overindulgent behavior. Sticking to a plan and doing your best to balance and stabilize your life will be essential.

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The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

NEW YORK CITY - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

Here is why: Back pain ruins lives... and puzzles doctors.

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And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

This treatment is called:

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

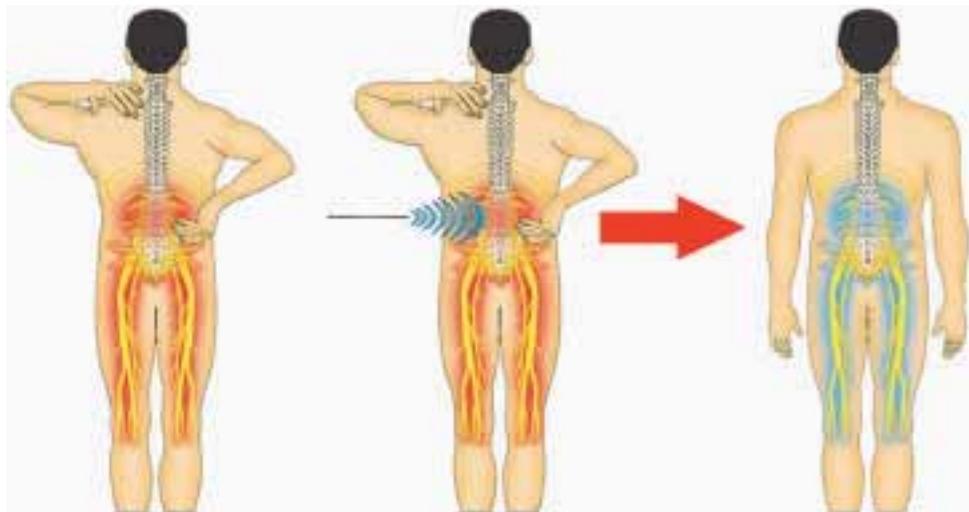
Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is... It's FREE



FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: painmdny.com/back-pain

LIFESTYLE



Guests of the Lotte New York Palace can send a letter to Santa and get a personalized reply. PROVIDED

Here comes Santa Claus

Getting an audience with Father Christmas doesn't take a trip to the North Pole.

 **EVA KIS**
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Almost as good as the North Pole

The closest you'll get to Santa's magical homeland and workshop is Macy's Santaland, a 13,000-square-foot village full of magical creatures and wintry landscapes. Reservations were instituted in 2017 to manage the 170,000 visitors who want to see him each season — and children of all ages are welcome, with each receiving a small keepsake. If you're just there to see Father Christmas, there's a new Santa Express Lane (Fri-Sun only), also by reservation. Through Dec. 24, 151 W. 34th St., free, reservations at macy.com/santaland

Brunch with Santa

Instead of writing a letter, why not tell Santa Claus what you want for Christmas over a fancy brunch at the Rainbow Room? On select Sundays in December, enjoy a grand buffet 65 stories above the city

with Christmas classics, a raw bar, dim sum bar and even a vegan carving bar, plus all the usual breakfast delicacies as well as a Pastry Boutique. Santa stops by each table to pose for photos, and afterward you can tick the Rockefeller Center Christmas tree off your holiday to-do list, too. Dec. 16 & 23, 10:30 a.m.-3 p.m., 30 Rockefeller Plaza, 212-632-5000, \$125 per person, rainbowroom.com

Santa on the Hudson

Lower Manhattan's Brookfield Place has created quite the winter village on the banks of the Hudson River. There's an ice rink; pop-up shops and events throughout December; the Luminaries light exhibit in its grand Winter Garden; and, just for kids, there's Santa's Winter Wonderland, with a special activity center and seasonal scenes while you wait to take a photo with Santa in his sleigh. Through Dec. 24, Tues-Fri noon-8 p.m., Sat 10 a.m.-8 p.m., Sun 10 a.m.-6 p.m., 230 Vesey St., photo packages start at \$29, bfplny.com

Santa in the sky

The North Pole is a little



Macy's Santaland is 13,000 square feet of North Pole magic. MIKE COPPOLA

too far a journey for most of us, but there's a place tall enough to help Santa Claus feel more at home: the Winter ONEderland Observatory. New York City's tallest building got a Christmas makeover, starting with a snowy elevator ride to the 101st story, a giant snow globe, festive bites and drinks at ONE Mix and Dine, and the chance to get your photo with Santa in his sleigh. Through Dec. 24, 10 a.m.-6 p.m., admission starts at \$34, photos with Santa are \$22, oneworldobservatory.com

Breakfast with Santa

Check off three Christmas-in-New-York classics by having Breakfast with

Santa in Rockefeller Center at either of the two restaurants located right next to the famous ice rink, including a keepsake for all kids 14 and younger. At The Sea Grill, expect made-to-order omelettes and crepes plus the usual breakfast spread and a chocolate fountain (\$70 kids, \$110 adults), with Kris Kringle and his elf crew stopping by your table. At Rock Center Café (\$45 kids, \$65 adults), take a photo on Santa's lap in a special Throne Room, with a family-style breakfast spread including gingerbread cookies for everyone, plus make-your-own bags of candy for kids. Both include admission to a skating session after your meal (BYO

skates or \$12.50 to rent). Through Dec. 24, breakfastwithsantanydc.com

Enter Santa's Palace

Having one of the city's most spectacular Christmas trees in its courtyard is just the beginning of the holiday magic at Lotte New York Palace. Santa will be in residence in the Grand Lobby every weekend, greeting all children from 9 a.m. to noon; afterwards, stop by the hotel's Pomme Palais pastry shop to sip one of five globally-inspired flavors of hot chocolate.



Winter Wonderland at Brookfield Place.
DARIAL SNEED

Holiday shopping with Santa

Santa Claus and his main elf at the Bank of America Winter Village in Bryant Park are no ordinary jolly holiday figures. Under the iconic hat is Nobel Peace Prize winner Dr. Charles Nuttall (yes, that's his own beard), accompanied by social psychologist Dr. Joy Marie Sever as Joy the Elf. Everyone is welcome at Santa's Corner for free photo ops — and perhaps a moment of reflection on what's truly important in the world? — before heading off to the holiday market or taking a spin around the ice rink. Dec. 16-23, 1-3 p.m., West 42nd Street and Sixth Avenue, free, wintervillage.org

Guests of the hotel get even more seasonal fun, like customized postcards to be dropped in the hotel's ornate letterbox with a personalized response left in each room and the chance to win gifts from Molton Brown's life-size advent calendar. Through Dec. 24, 455 Madison Ave., free, lottenypalace.com

Meet the man behind the Grinch

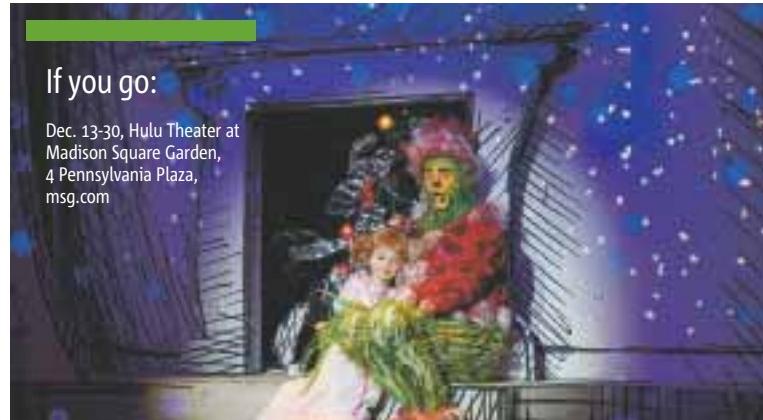
Gavin Lee brings the beloved Dr. Seuss character to life this holiday season.



MATT JUUL
matthew.juul@metro.us

Gavin Lee is pretty good at playing a grouch. After earning a Tony Award nomination for his portrayal of Squidward Tentacles in Broadway's "SpongeBob SquarePants" musical, the acclaimed English actor is hitting the road as the star of "How the Grinch Stole Christmas." Ahead of the musical's run in New York this holiday season, we caught up with Lee to chat about his take on the iconic Dr. Seuss character, how the Grinch compares to Squidward and more.

How does your take on the Grinch differ from other incarnations?



Celebrate the holidays with the Grinch. JORDAN BUSH

I love the fact that they were brave enough to just go with basically three colors. The show is black and white, and different shades of red, which is what the book is. I didn't realize this until I started doing some research. In the book, the Grinch isn't green, he's those colors as well. It's only when the 1960s animated TV movie was made that they made

him green. Of course now, you don't think of the Grinch as ever being anything but this disgusting, slimy green color.

Our version is trying to really stick to the book. It's obviously taken some elements from that fantastic '60s TV special, whereas the Jim Carrey version and the brand-new animation that's coming out this year have

gone [down] different avenues. Our show is really classic, to the book.

So did the Jim Carrey version have any influence at all on your portrayal? I did watch the Jim Carrey movie, which I think is absolutely hilarious. But like I said before, our creators were like, "We're not doing that, though. That was a great movie,

but we're sticking to the book and how Dr. Seuss originally felt this story would go."

What makes the Grinch such a timeless character?

In a similar vain as Squidward Q. Tentacles, which I just finished playing on Broadway in the "SpongeBob" musical. The amount of people that came to that show [and said], "Squidward has always been my favorite character..." For some reason, people like to gravitate in a happy, happy show toward the one negative, bring-everyone-down [character]. The cutting sarcastic lines, they like that.

They especially like if that character, by the end of the show, has a 180-degree turnaround and becomes the happiest person in the show, which of course, happens in "SpongeBob" with Squidward and certainly, you know, happens with

the Grinch. His heart grows three sizes at the end of the show and he becomes one of the Whos and he's just the happiest guy in the world. People just like to latch on to someone who's representing perhaps their slightly negative side.

Who's grouchier, the Grinch or Squidward?

I think you have to give it to the Grinch. Squidward is grouchy, but he just moans about it and doesn't do anything about it. The Grinch, 10 minutes into the show, goes, "I have had enough of all this joy and I am going to do something about it." And he spends the rest of the show trying to ruin Christmas for everyone. So of course he wins as being the most negative, horrible, you're-a-mean-one Mr. Grinch. They never say, "You're a mean one, Squidward." There's your proof, they wrote a song about it. He's the worst.

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How 'Scrooged' became a Christmas classic

Karen Allen celebrates 30 years of Bill Murray's irreverent take on Charles Dickens' "A Christmas Carol."

GREGORY WAKEMAN
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Karen Allen never expected "Scrooged" to become a classic Christmas film.

Allen, who plays the ex-girlfriend of Bill Murray's selfish and cynical television executive Frank Cross — who is visited by three ghosts on Christmas Eve intent on reigniting his festive spirit — didn't realize the film's growing popularity until years after its release.

"It came out and I don't remember anyone thinking it was a cult classic or just a classic Christmas film for the first 5 or 10 years after it was released," Allen tells Metro. "But then, suddenly, I just remember it would start to appear every Christmas on TV. And people would tell me it was their favorite Christmas film. It would appear on shortlists of the best Christmas films. Over

the last 30 years, it [has] earned that position. I kind of didn't see it coming."

Why is "Scrooged" still so beloved?

But why has "Scrooged" remained so popular over the years, even though every Christmas seemingly sees the release of umpteen new holiday films?

"It is based on the classic Dickens story. But it is irreverent with the material and the approach to how to tell a Christmas story. It is fun and not overly sentimental and also a great Christmas story."

Karen Allen

"It built an energy around itself. It has a wonderful irreverence," says Allen. "It is based on the classic Dickens story. But it is irreverent with the material and the approach to how to tell a Christmas



Karen Allen. GETTY IMAGES

story. It is fun and not overly sentimental and also a great Christmas story."

It also helps that it is led by Bill Murray, who before the release of "Scrooged" hadn't shot a film in four years. In classic Bill Murray fashion, during this hiatus he had been popping up in the most random of places.

"I had met Bill maybe a year before 'Scrooged,'" recalls Allen. "I was working with a Shakespearean company and they approached him about some of the really great comedic roles in Shakespeare."

"Someone said he said he was feeling rusty at the time of 'Scrooged.' I didn't see it. Somebody said to me today that he was in Paris doing experimental theater before it. But I don't remember us ever talking about that."

Working with Murray also opened Allen's eyes to a brand-new way of approaching a role, too, as he introduced the actress — who came to film from the world of theater — to the impact of improvisation, whereas she had previously believed the script to be sacrosanct.

"He has this very kind of moment-to-moment energy, as all good actors do. It gets

less and less interesting when it is predictable. We try to help pull each other into the moment and present. So we don't know what is coming next."

Allen was so insistent about never changing a word of the script that if a scene didn't work, she just assumed the fault was in her performance and not the writing.

"But with Bill coming from an improv and comedic background, he saw the script as a jumping-off point and springboard for new ideas. We improvised so much to make it fresh, and he would fill the scene and film with vitality."

"It is a real skill and gift. He allowed us to explore each scene anew. I can't imagine what it is like to be a writer and working with someone who isn't necessarily going to use the lines written. He often would come back to the lines, but only after using improvisation to attack it differently."

"Tis very much the season to revel in 'Scrooged.'

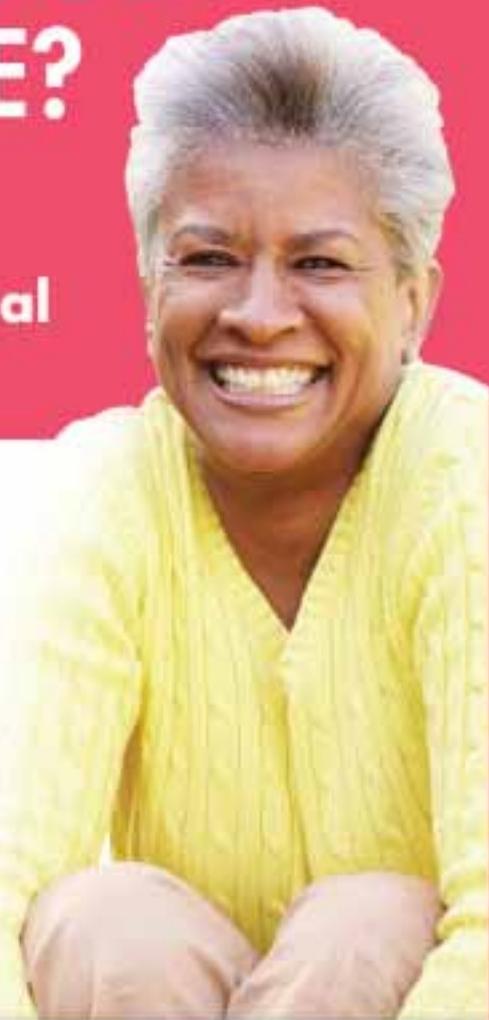
In fact, if you're in New York on Saturday, Dec. 15, Allen and Carol Kane are participating in a special screening of "Scrooged" hosted by the Academy Of Motion Picture Arts & Sciences at Metrograph.



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Adam Pally and Sam Richardson have Run the Jewels to thank for 'Champaign ILL'

The pair talks about their new YouTube Premium show from the team behind "Happy Endings."



ANDREW HUSBAND
letters@metro.us

Adam Pally and Sam Richardson, the comedy actors behind YouTube Premium's new series "Champaign ILL," are best known for their respective work with other teams or duos. For Pally, it's the cult-favorite series "Happy Endings," which ran for three seasons on ABC and was prematurely canceled in what *Vulture* has dubbed one of the worst TV decisions ever made. For Richardson, it's the critically acclaimed buddy comedy "Detroiter" on Comedy



Run the Jewels (left); Sam Richardson and Adam Pally (right). GETTY IMAGES



Central, which he co-created and co-stars in with Tim Robinson.

So of course the pair has another duo, comprised of hip-hop artists Killer Mike and El-P, to thank for what would

eventually become their new show.

"I had met Sam at a Run the Jewels concert. We ended up hitting it off and hanging out for the whole show," Pally tells Metro. "So then

when I started doing an Off-Broadway play with Anna Chlumsky not long after that, I was telling her about this new show I was doing with David Caspe, the creator of 'Happy Endings,' she was like, 'You have to meet Sam.' That's when I fell in love with him, and he has to live with that for the rest of his life."

"Adam is a fun dude," says Richardson. "He's a funny guy, very kind and thoughtful, so it's easy to assume there's a history there. It's easy to be familiar with him in this show. I just found it easy to jump into an assumed relationship between our characters, Ronnie and Alf. It's that kind of thing where the people have been friends for a very long time. With Adam, it's a pretty easy thing to do."

"Champaign ILL" follows Ronnie (Pally) and Alf (Richardson), the two main members of their friend-turned-rap star Lou (Jay Pharoah). They've supported their

high school buddy's hip-hop career ever since they gave up their own dreams to do so, but now that Lou is dead, the duo must fend for themselves. As a result, the show manages to find itself tucked squarely into the "dramedy" genre that's been so popular on television as of late.

"Nine times out of 10, unless you're playing it super wacky, the approach is to play things as real as possible," says Richardson. "Even with the more out-there things that I do with this character, superficial things like his blond hair, chains and clothes, I play it as real as I possibly can. The blond hair isn't blond for the sake of being or looking crazy. These things all have a reason for being."

"I wouldn't say dramedy," Pally suggests in turn, "because I think what we're interested in doing is going back to this kind of era in comedy where the stakes mattered. You have to

play with them as if they're real, though you can still make a big giant hokey idea come to life with it. For example, you still care about all of the people in 'Tropic Thunder,' even though that movie is an enormous idea and a little crazy at times. We're trying to go for something like that."

Whether or not viewers will categorize "Champaign ILL" as a comedy, a dramedy or some other television hybrid remains to be seen. According to the marketing materials YouTube has released so far, it seems the streamer is definitely leaning into the wackier side of the show's comedic elements. Judging by the first few episodes and Richardson and Pally's rapport on and off camera, however, a convincing argument can be made for its more dramatic elements.

"Champaign ILL" premieres Wednesday on YouTube Premium.



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Cold weather is here, and so is cold and flu season. We talked to Dr. Nicholas Genes, associate professor of emergency medicine at the Icahn School of Medicine at Mount Sinai, to find out where to go when, and why you may not have to leave home at all to see a doctor when you're feeling ill.

What is the difference between a cold and the flu?

Flu is worse, hands-down. Flu tends to strike abruptly, giving you a fever, with body aches and fatigue. Patients sometimes tell me they feel they got hit by a truck. Colds tend to come on gradually, may not give you a fever, but commonly feature nasal congestion, sore throat and sneezing. Colds and flu are caused by different viruses, but symptoms can overlap — and sometimes it can be hard to distinguish the cause without testing.

If you have the flu,

**should you see a doctor?**

Most people who have the flu are going to feel truly awful for a few days, then get better on their own after about a week. These folks should stay home at home, rest and avoid contact with the elderly and very young — and just focus on getting better.

But high-risk patients, like young kids, adults over 65 and pregnant patients — they should

really talk to a doctor if they suspect the flu. Also, patients with chronic diseases are at high risk for complications, hospitalization and other bad outcomes — asthma, diabetes, heart disease, kidney disease.

What are some important tips for staying healthy during flu season?

Besides getting a flu vaccine every year, hygiene

is also really important. Wash your hands frequently, especially before you eat or when using shared objects like phones or doorknobs. Have tissues close at hand — not just for yourself, but to offer to others who might be sneezing or have a runny nose. Stay rested, get plenty of sleep, eat well, exercise regularly. It sounds cliché, but it matters!

How does telehealth work?

You can just download our app, Mount Sinai Now, which works on iPhone or Android. Or point your laptop to now.mountsinai.org. You register, answer some quick questions about medical history and pharmacy preferences, and you're ready to have a video session with a doctor. Through conversation and video, our doctors can do quite a bit. We can coach the patient through an exam, reassure patients about their

symptoms, and prescribe medications to get folks through their injury or illness, including antibiotics or antivirals for the flu when warranted. It's a lot like FaceTime or Skype, but private and secure. And our docs have access to your past records if you've been at Mount Sinai before. Right now, we're cash-only but plan to accept most insurance in 2019.

When is telehealth a good option?

Telehealth is a great option when you just don't feel well enough to schlep across town to see a doctor. Or you can't sleep and want some reassurance. Or when something's been bothering you but you don't want to miss half a day of work to see a doctor. It's really efficient for getting advice on rashes and skin problems, sprains and minor injuries, upset stomachs, allergies, colds and flu.

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Aggressive Mets look to be weighing all options at MLB Winter Meetings.



JOE PANTORNO
joseph.pantorno@metro.us

As Major League Baseball's Winter Meetings kicked off from Las Vegas on Monday, the New York Mets continued to be one of the biggest players on the market.

Already acquiring Robinson Cano and Edwin Diaz from the Seattle Mariners and believed to be involved with plenty other notable names, a new face emerged as a possible target over the weekend.

Mike Puma of the New York Post first reported on Sunday that the Mets will "at least inquire" about Los Angeles Dodgers Yasiel Puig, who has grown disgruntled over his



The Mets' interest in Yasiel Puig might suggest that they are moving a corner outfielder. GETTY IMAGES

playing time within a deep roster out West. He appeared in 125 games last season, batting .267 with 23 home runs and 63 RBI.

It's not the first time the 28-year-old has been linked to trade talks, as he and the Dodgers

haven't always seen eye to eye, whether that pertains to playing time or his demeanor. The right fielder is one of the more emotional, fiery players in the league and is not afraid to show his passion between the lines.

Puig has never played in more than 152 games over his first six seasons in the league, but is capable of putting up some big numbers with regular playing time. During the 2017 season in which he played in that many games, he hit

28 home runs with 74 RBI, both career highs.

On the surface, Mets general manager Brodie Van Wagenen's interest seems confusing. The Mets are laden with corner outfielders with the likes of Michael Conforto, Brandon Nimmo and the injured Yoenis Cespedes.

However, the link to Puig might suggest that the Mets are considering tinkering with their current situation. In pursuit of All-Star catcher JT Realmuto, the Mets have reportedly been asked to include either Nimmo or Conforto in a trade, with Puig being an immediate replacement. The Mets are unlikely to include Conforto per the latest reports.

With their interest in free-agent center fielder AJ Pollock as well, the Mets could be rolling out a very different-looking outfield come Opening Day 2019 if talks with Puig gain any traction.

Yanks won't break bank on Machado



While the Yankees are in on Manny Machado, they won't pay \$300 million for him. GETTY IMAGES

Usually, Major League Baseball's Winter Meetings belong to the New York Yankees, who have been known to wheel and deal this time of year. Just look at last year, when they came away with Giancarlo Stanton.

They're expected to be active in Las Vegas once again this year, and as the festivities began on Monday, sure enough, they continue to be major players in the Manny Machado sweepstakes.

The All-Star shortstop is one of the league's top free agents alongside Bryce Harper, who has also been linked with the Yankees this offseason. The need for Machado might be greater, though, considering New York is without starting shortstop Didi Gregorius, who underwent Tommy John surgery in October and is expected to miss a majority of the 2019 season.

Machado couldn't have posted a better

year heading into free agency as well, mashing 37 home runs with a career-high 107 RBI and .367 on-base percentage with the Baltimore Orioles and Los Angeles Dodgers. Yet questions about his commitment to the game after show-

ing a lack of hustle in the postseason could very well have hurt his payday.

After all, the notion over the summer was that both he and Harper would be making over \$300 million on their next contracts, whom-

but are unwilling to pay the \$300 million price tag.

If the market slows for Machado and the right situation presents itself, the Yankees could pick him up for a discounted price. However, Heyman notes that the Philadelphia Phillies and Chicago White Sox are expected to heavily pursue the 26-year-old. That most likely will result in a bidding war that the Yankees will want no part of.

New York still has to pick up one more quality arm for the starting rotation, and overpaying for Machado would throw a sizable wrench into those plans.

Had the shortstop's postseason been less troubled, the Yankees' outlook on him might have been much different. But adding another huge contract that could come with some character issues to pair with Stanton's albatross of a deal could be a dangerous game to play in the Bronx. JOE PANTORNO

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Giants have found a simple formula: Give Barkley the ball

The Giants switched up their offensive mindset and are reaping the benefits.

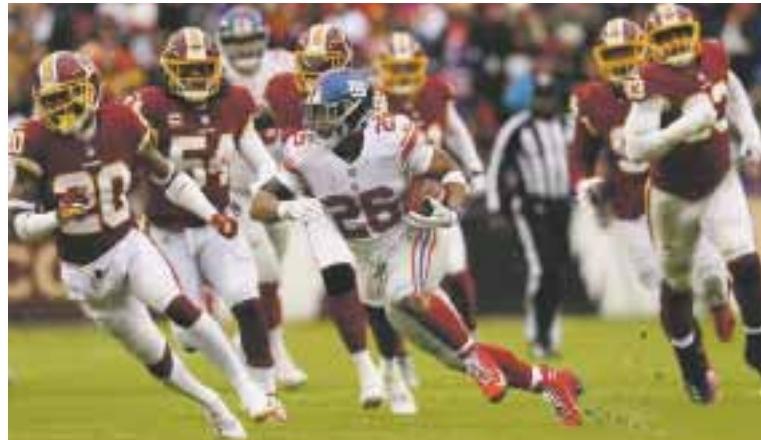
 JOE PANTORNO
joseph.pantorno@metro.us

It's better late than never, but it looks like the New York Giants have figured out the magic formula that makes their offense tick.

Within a game of dizzying routes, expansive playbooks and calls to make your head spin, it's actually quite a simple idea when you take a step back and look at things plainly. All head coach Pat Shurmur had to do was give rookie running back Saquon Barkley the ball.

"We're starting to figure out that the offense runs through him," veteran quarterback Eli Manning said after the Giants' 40-16 win over the Washington Redskins. "We've had good running attacks but it's been a little while. It's good to have it back."

Go back six weeks and the Giants' 20-13 Week 8 loss to the Redskins was the fifth time during the 2018 season in which they failed to score 20



Rookie running back Saquon Barkley has been football's best rookie this season. GETTY IMAGES

points or more. At 1-7 and entering a bye week, the season was over and dysfunction reigned supreme.

During that eight-game stretch that saw the Giants rely on a passing game that featured Manning running for his life behind an offensive line that offered no protection while a superstar receiver in Odell Beckham Jr. wasn't being utilized enough, the rookie out-drafted second overall averaged just under 14 carries per game. Granted, he became Manning's No. 1 passing option just because there wasn't enough time for routes downfield to develop.

He was still putting up impressive numbers as he was averaging over 120 yards from scrimmage during the first half of the season. Yet the 64.9 rushing yards per game left plenty to be desired as the Giants had to continuously rely on the passing game as they constantly played from behind. The Week 8 debacle against the Redskins was one of Barkley's worst games as a pro as he was limited to just 38 rushing yards on 13 carries.

The bye week brought another tweak to a constantly-changing offensive line as Jamon Brown was introduced at right guard, a spot originally

inhabited by the now-released Ereck Flowers and a change in the play-calling philosophy.

Barkley began getting far more touches on the ground and the Giants offense started clicking as a result. In games where he carries the ball 20 or more times, the Giants are 3-0. They're 2-0 when he rushes past the 140-yard mark.

Week 10 against the San Francisco 49ers saw Barkley rush the ball a career-high 20 times as the Giants squeaked out a win against the hapless San Francisco 49ers.

He eclipsed that mark the next week against another bad team, the Tampa Bay Buccaneers, with

27 rushes for 142 yards and three total touchdowns in a 38-35 win that provided the team's first winning streak of the year.

It all came crashing down the following game in Week 12 against the Eagles. Shurmur made his largest mistake as Giants head coach, virtually benching Barkley in the second half after he ripped through the Philadelphia defense for 127 yards during the opening 30 minutes. With a 19-3 first-half lead in hand, Shurmur called Barkley's number just five times in the second half as the Giants offense was held to 56 yards. By no coincidence, the Giants blew the lead and lost as Barkley was limited to just 13 carries for 101 yards on the day.

While Shurmur has proven that he has plenty of work to do before being considered a good head coach, it looks like he's learned from that mistake. He proceeded to give Barkley the ball 24 times against one of the league's best defenses in the Chicago Bears in Week 13, before feeding him plenty in the first half against the Redskins on Sunday — both wins.

Barkley's second outing against the Redskins

was far more impressive as he put up 159 of his career-high 170 rushing yards in the first half. It included runs of 78 (which went for a touchdown) and 52 yards as he helped rip apart Washington's seventh-ranked defense for 34 points in the first half.

The ever-modest Barkley, though, was quick to point out that his successes are a byproduct of the decisions made around him.

"I think that bye week really helped us figure it out," he said. "Whether you play good or bad, [fans and media] are going to have something good or bad to say about you anyway. Just focus on each other."

Now, with three weeks left in the season, Barkley has already put together one of the best opening seasons in franchise history as he's set rookie records in rushing yards, scrimmage yards, rushing touchdowns, 100-yard rushing games, receptions by a running back, receiving yards by a running back and total touchowns.

That lengthy list is all the evidence needed to see that Barkley is the man the Giants offense revolves around from now on.

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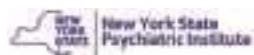
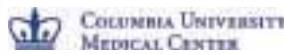


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ACROSS

- | | |
|-----------------------------------------------------|---------------------------------|
| 1 Buddy | 50 Capital of the Cold War |
| 5 __ at; derive | era's West Germany |
| 10 Fellow | 51 "Son __ gun!" |
| 14 "The Twilight __" | 54 Inexperienced beginner |
| 15 Excuse | 57 Cabinet handle |
| 16 Mount Fuji's output | 58 Potter's need |
| 17 Straight __ arrow | 59 Ascended |
| 18 Inflammation of brain &
spinal cord membranes | 60 British noble |
| 20 Gun the engine | 61 Punches |
| 21 Enjoy a long bath | 62 Overnight stop |
| 22 City in England | 63 Joy |
| 23 Egyptian dam |
DOWN |
| 25 Mad as a wet __ | 1 Russian leader of old |
| 26 Taipei's island | 2 Rubber tube |
| 28 Trusted counselor | 3 To no effect; futile |
| 31 Ease, as another's fears | 4 Guys |
| 32 Primp | 5 Pago Pago resident |
| 34 Rollaway bed | 6 Spotless |
| 36 Narrow opening | 7 Cry from the sty |
| 37 Thyroid or pituitary | 8 "The __"; Efrem Zimbalist Jr. |
| 38 Reminder of an old surgery | TV series |
| 39 Relations | 9 Swim __; diver's flipper |
| 40 WA's Puget __ | 10 Customer |
| 41 Terrify | 11 Detest |
| 42 Holiday drink | 12 Gung ho |

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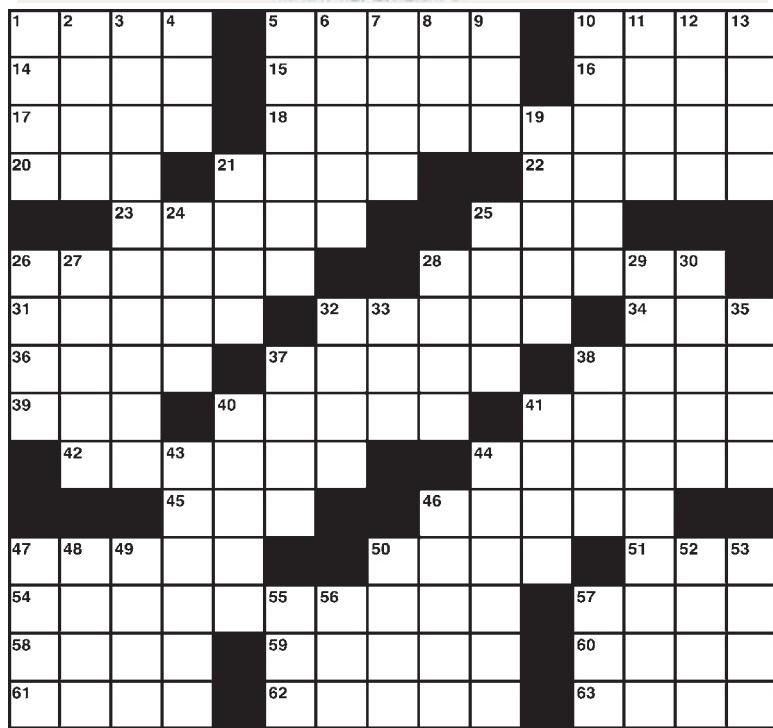
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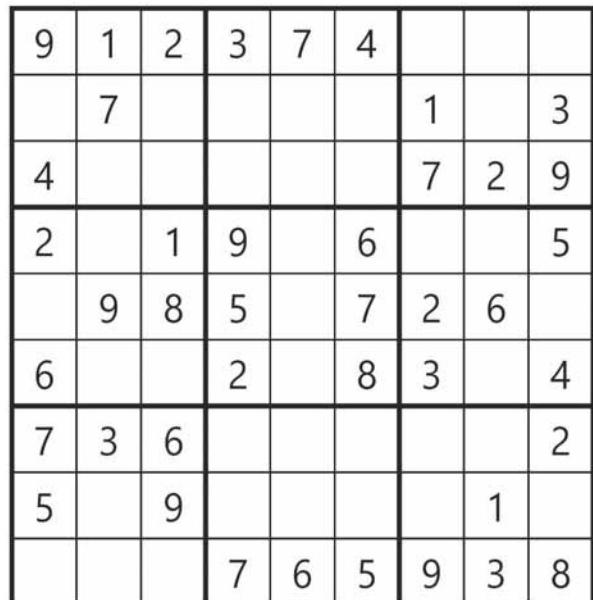
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Category: Film



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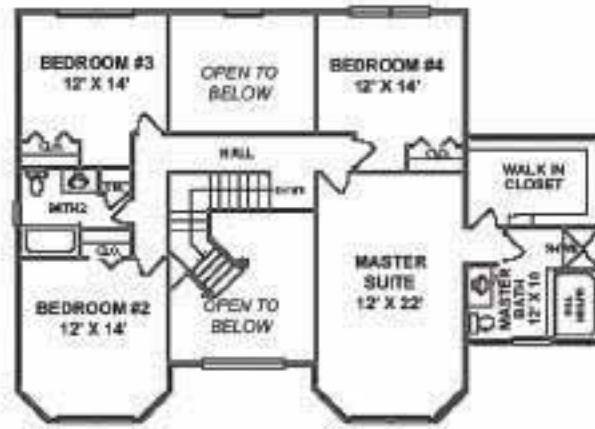
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